

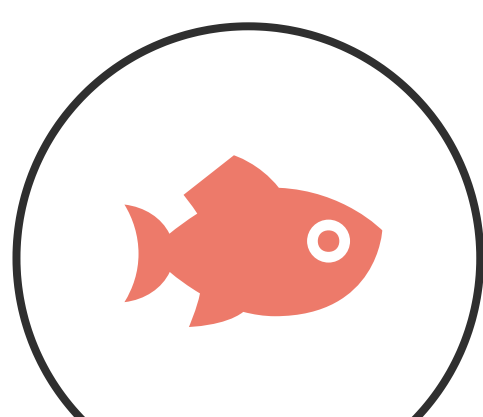


The Ultimate Anti-Inflammatory Foods List



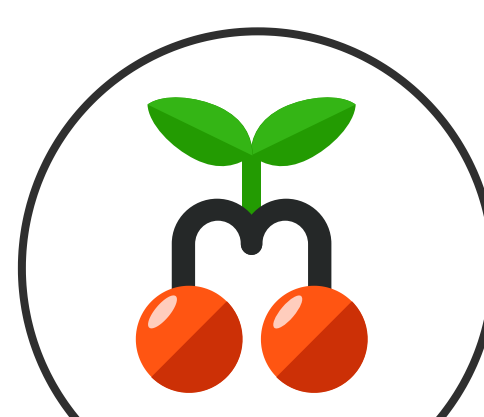
1. Olive Oil

Drizzle olive oil on your salad instead of dressing. Lightly saute veggies in flavored olive oil for a fresh new flavor.



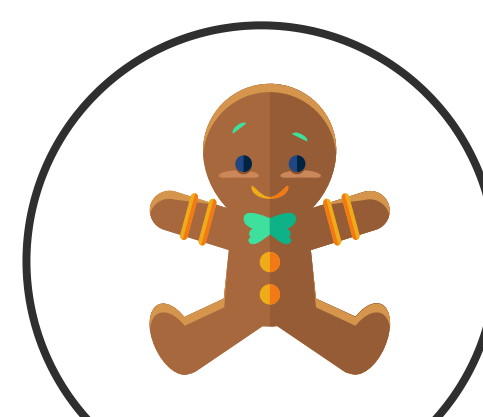
2. Fatty Fish

Step outside the box and try a salmon burger or nut crusted tuna.



3. Tart Cherry Juice

Drink 6-10 oz tart cherry juice daily to fight inflammation. **Pro tip:** the tart flavor can be really helpful when you are trying to disguise the aftertaste of your daily vitamins!



4. Ginger

Boil the root to make a refreshing cup of tea. You can also enjoy candied ginger for a pre-workout energy boost.



5. Turmeric

Cut and peel 1 inch of turmeric root and add to your smoothie or stir fry. You can also boil the root to make tea.



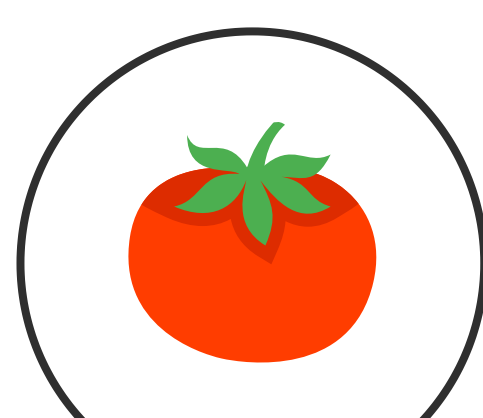
6. Leafy Greens

Saute in your favorite oil and add to soups, stews and stirfrys!



7. Walnuts

Sprinkle a handful onto your bowl of oats or try walnut butter as a fruit spread!



8. Tomatoes

Fresh salsa or gazpacho anyone? Fresh salsa is a great topper for eggs, baked potatoes, and burgers.



9. Cinnamon

Add a few teaspoons to your favorite smoothie! Our favorite combo is vanilla protein powder + frozen bananas.



10. Cayenne

Add a teaspoon to a warm cup of hot chocolate, egg bake, or tacos!

